

# It's Never Too Late To Quit Smoking!

## Here's Why!

317.234.1787  
[www.itpc.in.gov](http://www.itpc.in.gov)  
[www.WhiteLies.tv](http://www.WhiteLies.tv)  
[www.voice.tv](http://www.voice.tv)



**After quitting smoking, the body begins to repair itself...**

Within 20 minutes
<ul style="list-style-type: none"> <li>Blood pressure decreases to normal</li> <li>Heartbeat stabilizes</li> <li>Temperature of hands and feet increase to normal</li> </ul>
Within 8 hours
<ul style="list-style-type: none"> <li>Carbon Monoxide level in the blood decreases to normal</li> <li>Oxygen level in the blood increases to normal</li> <li>Mucus begins to clear from the lungs improving breathing</li> </ul>
Within 24 hours
<ul style="list-style-type: none"> <li>Chance of a heart attack decreases</li> </ul>
Within 48 hours
<ul style="list-style-type: none"> <li>Sense of smell and taste improve</li> <li>Nerve endings begin regrowing</li> </ul>
Within 3 months
<ul style="list-style-type: none"> <li>Circulation improves</li> <li>Walking becomes easier</li> <li>Lung function improves</li> <li>Immune system improves</li> </ul>
Within 9 months
<ul style="list-style-type: none"> <li>Coughing, sinus congestion, wheezing, fatigue and shortness of breath decreases</li> <li>Cilia regain normal function in the lungs, increasing the ability to handle mucus and clean the lungs</li> </ul>
At 1 year
<ul style="list-style-type: none"> <li>Risk of coronary heart disease is lowered to half that of a smoker</li> </ul>
At 5 years
<ul style="list-style-type: none"> <li>Risk of stroke is reduced to that of a person who has never smoked</li> </ul>
At 10 years
<ul style="list-style-type: none"> <li>Risk of lung cancer drops to half that of a current smoker</li> <li>Risk of a mouth, throat, esophagus, bladder, kidney and pancreatic cancer decreases</li> <li>Risk of ulcers decreases</li> </ul>
At 15 years
<ul style="list-style-type: none"> <li>Risk of coronary heart disease is similar to those who have never smoked</li> <li>Risk of death returns to similar level to those who have never smoked</li> </ul>